



Armadale Masters Swimming Club



Hi Swimmers,

Sunday's Aerobics had five swimmers who completed seven swims in a variety of strokes, distance and time. Stan Brandwood established a new Club Record with his 800m freestyle swim. Colin Gibson had another crack at a $\frac{1}{2}$ hour swim covering 1375m in the $\frac{1}{2}$ hour. Colin's previous $\frac{1}{2}$ hour swim saw him cover 1425m therefore he receives no points for this swim.

All the longer distance and time swims i.e. 1500m, $\frac{1}{2}$ hour, $\frac{3}{4}$ hour and 1 hour are only swum in Freestyle, Backstroke and Breaststroke. In each of those stroke only one swim for the calendar year scores points. The fastest in the case of 1500m or greatest distance covered in the time swims. Therefore when you complete any of these swims for a second or subsequent time, points will only apply if it was a better swim. In the case of a better swim the previous swim that had received points will have them removed.

Happy swimming,

Graham.